



MIAMI SPRINGS SENIOR CENTER

343 Payne Drive, Miami Springs, Florida 33166

April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: Sweet & Sour Meatballs</div> <div>12:15 pm – B I N G O 1st game – cash prize</div> <div></div>	<div>2</div> <div>9:00 am–FLOOR YOGA I & II Class at the Curtiss Mansion)</div> <div>11:30 am –LUNCH: Breaded Chicken w/ Broccoli & Cheese</div> <div>12:30 pm - TAI CHI (At the Aquatic Center)</div> <div>12:30pm TAX PREP W/ AARP BY APPT.</div>	<div>3</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: Pork W/ Mojo & Onions</div> <div>12:15 pm – CLEAR CAPTION TELEPHONE PRESENTATION</div>	<div>4</div> <div>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</div> <div>11:30 am –LUNCH: Stuffed Cabbage w/Sweet & Sour Sauce</div> <div>12:30pm TAI CHI @ the Aquatic Center MPR</div> <div>1pm- Shopping: TARGET </div>	<div>5</div> <div>9:00 am –LEG STRETCHING & STRENGTHENING</div> <div>10:00 am: BALANCE & CORE WORKOUT W/ (Classes meets at the Senior Center)</div> <div>11:30 am – LUNCH: Chicken Salad w/ Minestrone Soup</div> <div>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</div>
<div>8</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (At the Senior Center)</div> <div>10:30am-12pm Miami- Dade Public Library TECHNOBUS</div> <div>11:30 am – LUNCH: Meat Loaf w/Gravy and Mashed Potatoes</div> <div>12:15 pm – B I N G O Sponsored by Palm Medical</div>	<div>9</div> <div>9:00 am–FLOOR YOGA I & II Class at the Curtiss Mansion)</div> <div>11:30 am –LUNCH: Shredded Pulled Pork w/ Mashed Sweet Potatoes</div> <div>12:30 pm - TAI CHI (At the Aquatic Center)</div> <div>12:30pm TAX PREP W/ AARP BY APPT.</div>	<div>10</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (At the Senior Center)</div> <div>11:30 am – LUNCH: Chicken and Yellow Rice w/ Split Pea Soup</div> <div>Mt. Sinai Medical Center 12:15-1:15pm “BPH: Which treatment is right for me?” w/ Dr. Jorge Pereira</div>	<div>11</div> <div>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</div> <div>11:30 am –LUNCH: B.B.Q. Brisket of Beef</div> <div>12:30pm TAI CHI @ the Aquatic Center MPR</div> <div>1pm- Grocery Shopping: PUBLIX SABOR</div>	<div>12</div> <div>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (at the Senior Center)</div> <div>11:30 am – LUNCH: Baked Manicotti & Vegetable Soup</div> <div>Raffle Items on Display 12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</div>
<div>15</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (at the Senior Center)</div> <div>10-11:30AM- FREE BLOOD PRESSURE SCREENING W/ Mercedes Blanco, RN</div> <div>11:30 am – LUNCH: Roast Turkey w/Gravy Library Happenings w/ the Miami Springs Branch Library 12:15 pm</div> <div>12:30pm B I N G O</div>	<div>16</div> <div>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</div> <div>11:30 am –LUNCH: Chicken Cacciatore w/ Italian Vegetables</div> <div>12:30 pm - TAI CHI (At the Aquatic Center)</div> <div>12:15pm Crime Watch Program w/ the Miami Springs Police Department</div>	<div>17</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: Baked Ham w/ Pineapple Sauce</div> <div>FIELDTRIP-New World Symphony Performance at Rebecca Sosa Theatre 1:30pm-3pm</div>	<div>18</div> <div>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</div> <div>11:30 am–LUNCH: Beef Chili Con Carne and Spinach Salad</div> <div>12:30pm TAI CHI @ the Aquatic Center MPR</div> <div>12:00 pm –BIRTHDAY & ANNIVERSARY PARTY Sponsored by Humana</div> <div>1:00 pm-Grocery Shopping: FRESCO Y MAS</div>	<div>19</div> <div>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (@ the Senior Center)</div> <div>Alliance for Aging Benefits Enrollment Event 11am-1pm</div> <div>11:30 am – LUNCH: Paella w/ Seafood</div> <div>Raffle Items Awarded</div> <div>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</div>
<div>22</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: B.B.Q. Chicken Leg w/ Oven Roasted Potatoes</div> <div>12:15 pm – B I N G O</div>	<div>23</div> <div>9:00 am–FLOOR YOGA I & II (At the Curtiss Mansion)</div> <div>11:30 am –LUNCH: Roast Pork and Corn Casserole</div> <div>12:30 pm - TAI CHI (At the Aquatic Center)</div> <div>FIELDTRIP-\$5.00 Movie at Cobb Grand 18 Miami Lakes 1pm Movie of your choice</div>	<div>24</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: Chicken Breast w/ Marsala Sauce</div> <div>Golden Passport Easy Card Onsite Application @ the Senior Center 12:15- 2:15pm</div>	<div>25</div> <div>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</div> <div>11:30 am –LUNCH: Meatballs w/ Tomato Sauce</div> <div>12:30pm TAI CHI @ the Aquatic Center MPR</div> <div>1:00 pm- Shopping: WALMART</div>	<div>26</div> <div>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Class meet @ Senior Center)</div> <div>11:30 am – LUNCH: Tuna Salad and Butternut Squash Soup</div> <div>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</div>
<div>29</div> <div>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS</div> <div>10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</div> <div>11:30 am – LUNCH: Sweet & Sour Meatballs</div> <div>12:15 pm – B I N G O Sponsored by Humana</div>	<div>30</div> <div>9:00 am–FLOOR YOGA I & II (At the Curtiss Mansion)</div> <div>11:30 am –LUNCH: Breaded Chicken Stuffed w/ Broccoli & Cheese</div> <div>12:30 pm - TAI CHI (At the Aquatic Center)</div> <div></div>	<div></div>	<div></div>	<div>For more information call us at 305.805.5160</div> <div></div>